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1: Dig Deeper & Fit Test
To start, Shaun will put your body to the test and see what you're made of. (30 minutes)

2: Plyometric Cardio Circuit
Burn fat with intervals of intense lower-body plyo and sweat-inducing cardio. (42 minutes)

3: Cardio Power & Resistance
Build lean muscle and upper-body definition with strength-training and power moves. (40 minutes)

4: Cardio Recovery
Shaun goes easier on you once a week so you're ready for the next round. (33 minutes)

5: Pure Cardio & Cardio Abs
Skip the intervals—this nonstop cardio workout is all extreme. (55 minutes)

6: Core Cardio & Balance
Take a break after month 1 and gear up for month 2 with this workout. (37 minutes)

7: Max Interval Circuit & Fit Test
The interval circuit that's more intense than anything you've ever done before. (65 minutes)

8: Max Interval Plyo
Push your legs 'til they beg for mercy with power and plyo, all at your MAX. (55 minutes)

9: Max Cardio Conditioning & Cardio Abs
Get pushed to your limit with this extreme cardio workout. (65 minutes)

10: Max Recovery
Give it a rest and build strength for another round with intense moves and stretches. (47 minutes)

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